



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 19104, Candies, fudge, vanilla with nuts

Report Date: June 26, 2017 17:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	7.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kcal	435	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	1819	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	3.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Total lipid (fat)	g	13.69	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Ash	g	0.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carbohydrate, by difference	g	74.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Sugars, total	g	71.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
<strong>Minerals</strong>													
Calcium, Ca	mg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Iron, Fe	mg	0.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Magnesium, Mg	mg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Phosphorus, P	mg	73	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Potassium, K	mg	103	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Sodium, Na	mg	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Copper, Cu	mg	0.219	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Manganese, Mn	mg	0.466	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Selenium, Se	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Thiamin	mg	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Riboflavin	mg	0.085	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Niacin	mg	0.179	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Pantothenic acid	mg	0.183	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-6	mg	0.077	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Choline, total	mg	10.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin A, RAE	µg	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Retinol	µg	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin A, IU	IU	151	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lutein + zeaxanthin	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	3.828	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
4:0	g	0.176	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
6:0	g	0.117	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
8:0	g	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
10:0	g	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
12:0	g	0.146	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
14:0	g	0.441	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
16:0	g	1.875	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
17:0	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:0	g	0.809	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:0	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fatty acids, total monounsaturated	g	2.454	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
16:1 undifferentiated	g	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:1 undifferentiated	g	2.384	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:1	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fatty acids, total polyunsaturated	g	6.614	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	5.344	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:3 undifferentiated	g	1.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fatty acids, total trans	g	0.158	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Cholesterol	mg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<b>Amino Acids</b>													
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006